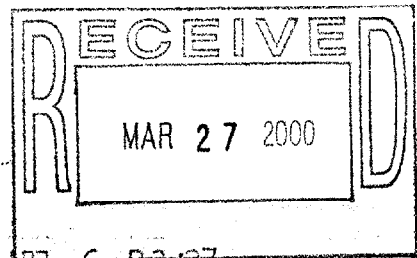


**NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA**



In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Weider Signature Creatine Monohydrate, Product #50021** bearing the statements set out below:

**Weider Nutrition International, Inc.
2002 South 5070 West
Salt Lake City, Utah 84104**

The text of each structure function claim for **Creatine Monohydrate** is as follows:

- (Statement 1) Supports synthesis of ATP
- (Statement 2) Cell volumizer
- (Statement 3) Promotes strength
- (Statement 4) In muscle, CP replenishes cellular ATP levels during maximum intensity contractions. Supplementation with creatine as directed, contributed to increased muscle CP levels, more work output, more muscular power, and better recovery and muscle hydration. Scientific studies show that when muscles are hydrated, muscle catabolism is minimized.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 21st day of March, 2000.

WEIDER NUTRITION INTERNATIONAL, INC.

BY:

A handwritten signature in cursive script, appearing to read "L. R. Bucci".

DR. LUKE R. BUCCI

Vice President of Research